



Oven baked fish fingers

15'
Hands on

25'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Preheat the oven to 180° C (350° F) set to fan.
- In a [bowl](#), mix the whole-wheat flour with the breadcrumbs and the salt.
- In another bowl, break the eggs and whisk them lightly with a fork
- Cut the cod fillets into 2x5 cm thin strips.
- Dip the fillets into the bowl with the eggs, in batches, and then bread them well with the breadcrumbs' mixture, making sure that the fillets are completely coated.
- Put the breaded fillets in a [baking pan](#) lined with parchment paper and bake for 25 minutes.
- Halfway through the baking time, flip the fillets over so that they turn golden on the other side too.
- Serve, optionally, with [French fries](#) and [mayonnaise](#).

Ingredients

- 50 g whole-wheat flour
- 100 g wheat rusk, whole-wheat dried
- 1 pinch salt
- 2 eggs, medium
- 400 g cod, fillet
- [French fries](#), to serve, optionally
- [homemade mayonnaise](#), to serve, optionally

Διατροφικός πίνακας

Nutrition information per portion

163 Calories (kcal)	2.6 Total Fat (g)	0.6 Saturated Fat (g)	17.0 Total Carbs (g)
8%	4%	3%	7%
0.9 Sugars (g)	17.0 Protein (g)	1.6 Fibre (g)	0.4 Sodium (g)
1%	34%	6%	7%